

HPE 156 : ZUMBA

This course will introduce the beginner to the fundamentals ZUMBA technique through various exercises. ZUMBA is a Latin-Inspired , dance-fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. ZUMBA integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning.

1.000

Health and Physical Education

GEP credit.